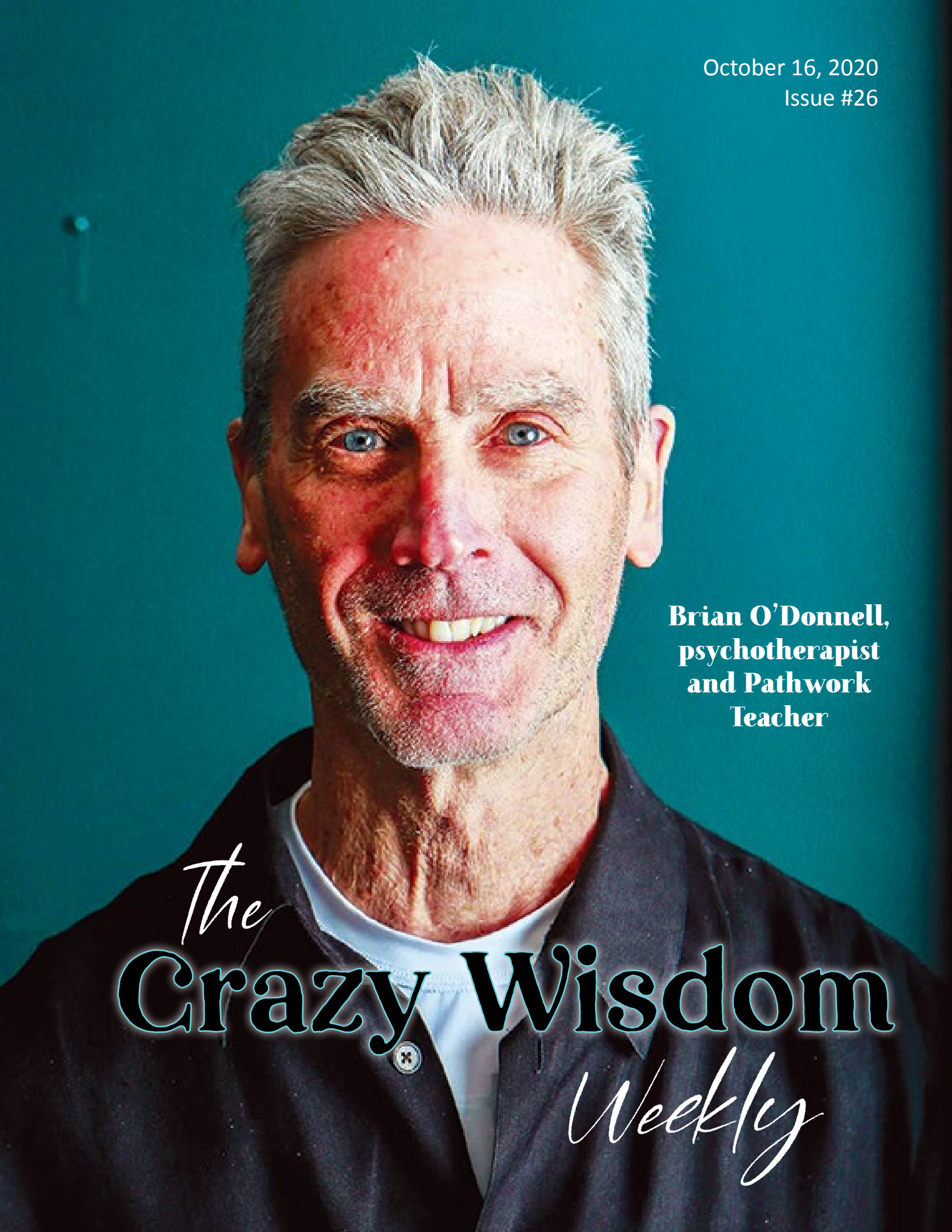
October 16, 2020
Issue #26



Brian O'Donnell, psychotherapist and Pathwork Teacher

The Crazy Wisdom Weekly

Photo by Kerstin Wrbazeinzepl Unsplash

The Crazy Wisdom Weekly

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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Crazy Wisdom Bookstore is open!

Monday - Saturday 11 - 7
Sunday 12 - 5

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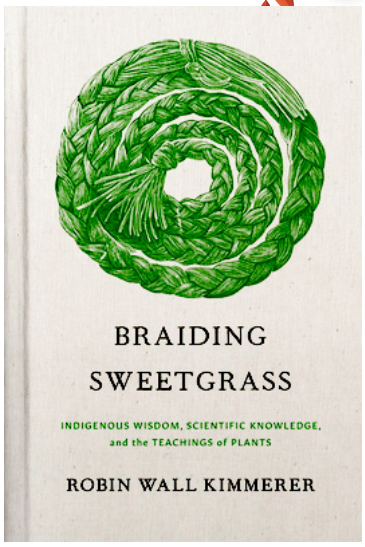
We are social distancing, wearing masks, and limiting the number of people in the store



Braiding Sweetgrass

Updated with a new introduction from Robin Wall Kimmerer, the special edition of *Braiding Sweetgrass*, reissued in honor of the fortieth anniversary of Milkweed Editions, celebrates the book as an object of meaning that will last the ages. Beautifully bound with a new cover featuring an engraving by Tony Drehfal, this edition includes a bookmark ribbon, a deckled edge, and five brilliantly colored illustrations by artist Nate Christopherson. Online price $24.50

Available at shopcrazywisdom.com

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Cashmere Morely
Diane Majeske
Katy Gladwin
Alaina Lightfoot
Brian O'Donnell
Larissa Czuchnowsky
Sue Burton Hidalgo
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Crepuscular

Relating to or like the time of day just before the sun goes down, when the light is not bright.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Local Haunts for a Scary Good Time

By Cashmere Morley

isiting an old haunt takes on a whole new meaning when you dig a little deeper into the history of the place. Every person has a story, and those stories sometimes get trapped in brick and mortar. Lives are cut short by tragedy, buried by lost opportunity, and marred by time moving on. At death, some feel that their story is not finished being told. Just ask some of the people working and living around local places in Ann Arbor and Ypsilanti, who believe some stories go on long after someone has passed.

“This place is completely haunted,” said Hannah Zwolensky, 20, her eyes widening as she looks around the crowd of the Ann Arbor Brewing Company (ABC). It’s a packed Friday night, and the laughter of guests bubbles around the building, effervescent. Beer glasses clink. The smell of bar food and hops wafts around us.

Zwolensky greets a guest just coming through the door with a smile, then turns back to me, still visibly jarred by the mention of ghosts. “Listen to this. I was in the basement going to the bathroom, I heard the door open, and a couple of women walk in, laughing and having a good time. I didn’t think very much about it, but when I went to wash my hands I kind of looked around. I didn’t see anyone with me in the bathroom, so I checked under the stalls… and there was no one there. I was completely alone.”

Other employees gaggle around Zwolensky when she mentions her story, all eager to share what they’ve witnessed at ABC. Things moving at night after everyone has left. Pans falling from their ceiling hangings when no one is around to touch them (caught on camera). The game room, where billiards and board games are set up for guests looking to have some fun in between beer and bites, was supposedly the scene of a police shooting in Ann Arbor. Walk in there and ghost activity is peak.

But first, the basement. “Go down the stairs to the basement, where the bathrooms are. See for yourself,” prompts Zwolensky. “It’s like you’re sealed off from the rest of the world.” Indeed, a walk down the flight of stairs leading to the bathrooms is like leaving the world behind. There is a heaviness below ground, a sense of foreboding not felt in the festive atmosphere of the dining area. In the basement, the feeling of isolation is almost smothering.

On March 21, 1935, a police officer named Clifford “Sid” Stang reportedly walked into the site of the Ann Arbor Brewing Company and never left. Stang was visiting the Conlin and Wetherbee Clothing Store, what is now the eastern section of the ABC. He was shopping for a new tie clasp for his uniform when he realized two men were in the process of robbing the place. There was a struggle and Stang was shot in the stomach. By the time he arrived at the old Saint Joseph Mercy Hospital, he was dead, but it is said that he can be seen passing by the window of the game room after hours. Stang’s watch may have technically ended that day in 1935, but it continues well into the 21st century, to those who believe in his presence.

No matter the ghost story, there are always disbelievers. Even if they are working on the site of an alleged murder scene. Just ask Suzie Weber, 60, who works at the Dixboro Convenience Store in eastern Ann Arbor.

To those driving by, the Dixboro Convenience Store is a quaint, if unassuming, red and white house that is neither a home nor a convenience store anymore. It holds a variety of whimsical curios perfect for home décor, but at night, it’s said that those items have a mind of their own.

“I think one of the freakiest things that has happened, was [what happened to] a lantern that was sitting on a shelf, behind a different display. When the employees came in the morning, the display was sitting in the middle of the floor. Not a chance that could have toppled over and landed intact. Toppled over? Maybe. But not still be intact. It had to come up and over a different display,” says Weber.

“It’s not unusual for me to be here a couple hours after we close. There are a few people [who feel] a little wigged out that I stay. I’ll hear a noise, which I attribute to this house, which dates back to the 1840s… houses take forever to settle. We hear things…. We’ll all be downstairs (on the main level) and we’ll hear something fall. We all just kind of laugh and think, ‘well… Martha doesn’t like our display today!’”

Martha Crawford was a widow who came to Dixboro in 1835. Crawford became engaged to her sister Ann’s brother-in-law, John Mullholland, shortly after. But John had a dark secret, one still not revealed to this day, though the residents of Dixboro have their suspicions. This secret may have driven Martha to the grave.

Read the rest of the story online

What Makes a Good Story?

An excerpt from the article The Art of Storytelling published in issue #59.

By Diane Majeske

Stories are a wonderful way to get to know people better, says Beverly Black. But even the best story can fall flat without forethought. For instance, she says, a story that an adult audience would find poignant or amusing could go right over the heads of younger children—and an older audience might not find the simplicity of a children's story very entertaining.

Good storytellers know their audiences.

Black explains: "There are three things that happen in a good story. You have the storyteller, the audience, and the story itself, and there has to be a connection. There has to be a connection between you and the story, and between you and the audience, to make it all work."

Storytellers think on their feet, reading their audience to see how the tale is being received. Based on what they see, they might spontaneously change it, add to it, or even start over.

"There are so many different kinds of stories and storytellers," says guild member Laura Lee Hayes. "Storytelling can be very physical. They say that with storytelling, only 20 percent is words. But we know some (tellers) who barely move—but then again, they know the power of the pause. It's those pauses, the tone of your voice, the pitch, the expression on your face, all of those go in to making stories.

Hayes feels like she's been telling stories all her life. "I was the oldest of four, and my mother would often say, 'I have to make dinner—go amuse your siblings.' So I started making up things."

She laughs. "Now I've grown from being a big fat liar to a storyteller."

Storytelling helps her hone her writing skills, she says, and keeps her imagination sharp. It also keeps her in touch with her audience.

"The stories I come away from feeling great about aren't always happy, or they aren't always funny," Hayes continues. "They're the ones where I feel I've actually connected with the audience. A friend of mine gave me a wonderful quote, 'Remember that a story is one heart touching another.' I believe that; I truly do."

Black agrees. She, too, has told stories all her life, and even taught corporate classes where she encouraged her participants to connect with others through storytelling. But she actually was introduced to the art when she was attending a different type of workshop—one for Celtic harpists.

"I play the Celtic harp, and I went to this workshop in Ontario," she recalls. "You took four classes a day, and they only had three for the harp; the fourth was a storytelling class."

She took it, told a story, and excelled. She was chosen to tell her story at a related festival that week.

"That was the first story I ever really told in front of so many people," she remembers with a laugh. "I loved it; I loved the way people reacted. There's just something about being up on stage; something just happens. I came back to Ann Arbor and I realized I had to find (storytellers) here. And I got hooked up with the storytellers' guild."

Read the rest of the story online.

Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Featured Readers:
Donovan Hohn and Natalie Bakopoulos
7:00 PM - 8:45 PM • Wednesday, October 28, 2020

Donovan Hohn is the author of *Moby-Duck: The True Story of 28,800 Bath Toys Lost at Sea*, a New York Times Notable Book and runner-up for two major awards. His essays appear in *Harper's, Lapham's Quarterly*, and *Best Creative Nonfiction*. He will read from *The Inner Coast: Essays*, published last June.

Natalie Bakopoulos is the author of two novels: *The Green Shore* and the recently published ***Scorpionfish***. Her work has appeared in Granta, The Iowa Review, Ploughshares, and O. Henry Prize Stories. She's an assistant professor at Wayne State University and faculty member of the summer program, Writing Workshops in Greece.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE
FREE
SEPTEMBER THROUGH DECEMBER 2020 - ISSUE 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

COMFORT FOOD

Often underappreciated, meat broth really packs an easily digestible health punch to your diet. Rich in flavor, high in nutrients, and loaded with restorative amino acids, meat broth is a staple that should be added to your menu. Below is an amazing recipe for meat broth first published in Issue #71.

Recipe by Katy Gladwin

Recipe for Simple Stock

Bones from beef, veal, pork, chicken or turkey (organic from a local butcher is best).

Medium size onion

2-3 carrots

2-3 stalks of celery

1 TBSP white or apple cider vinegar

1 gallon filtered water

Roast bones with salt and pepper until slightly caramelized. Place bones in a large stock pot. Add one medium onion (cut in half), carrots (broken in half), stalks of celery (broken in half). Add vinegar (white or apple cider, this helps pull essential minerals from the bones) and a gallon of filtered water. Bring to boil. Once boiling, reduce to a slow simmer, so the surface of the water is just barely moving, but not boiling. Allow to simmer on low for 8-24 hours.

When stock is ready, pour finished stock though a colander lined with cheesecloth into smaller containers. I like quart-sized, wide-mouthed ball jars, leaving about an inch between the broth and the lid, so there is room to expand when frozen. If using ball jars, I have found that my jars don't crack if I don't tighten the lids when I first put them into the freezer, but come back a few hours later and tighten them.

Look a Little Deeper

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MORE THAN THE THREE R'S:

Refuse, Reduce, Reuse, Recycle… Rot

By Alaina Lightfoot

When thinking about ways to be more sustainable, recycling is often the first option that comes to mind. Sustainability is often presented to us in the neat and tidy rule of three: Reduce, Reuse, Recycle. However, recycling should actually be viewed more as a last-ditch effort since most materials can only be recycled a few times before hitting the landfill. Instead, the focus needs to be centered around the Five R's: Refuse unsustainable products, Reduce the amount of resources you consume, Reuse or repurpose what you can, and Recycle anything possible before jumping directly to your trash can as the easiest method of disposal.

Yet, what about things like food scraps? Body hair? Nail clippings? Certainly, at first glance, these aren't things we would think to do anything with other than depositing them promptly in the garbage can. After all, they're natural, they'll decompose in the landfill, right?

As it turns out, this is where the fifth and arguably most important R comes into play—Rot.

I can remember growing up in the country where compost piles were commonplace. People where I grew up thought nothing of walking out back after dinner and scraping plates into a large pile of compost in the back yard, dumping their bowls of meal prep scraps there at the end of the day, or sending old Halloween pumpkins to their final resting place in the mighty compost pile. When I grew up and moved to the city, I remembered feeling a little lost and shell shocked, especially as I started on my sustainability journey. It seemed like a large part of the waste I was personally producing was directly compostable. What's worse, without composting things like the scraps from my dinner, according to the EPA, I was joining the rest of America in throwing away the nearly 1.3 pounds of organic waste per person we are disposing of daily. This figure means that annually, 24% of our waste as a nation is comprised of organic, compostable materials.

In landfills, organic material is so covered that it is preserved rather than properly broken down. Trying to rot without enough oxygen means that our organic materials in landfills are creating methane gas as they decompose. In landfills, this natural process of decomposition that should take a few weeks at most takes decades. I knew in order to do right by the planet and do my part in helping to reduce the negative effects methane gas has on climate change, I needed to start composting again. The question was how? I wasn't in the country where I could just have a massive compost pile in the backyard. I was in a high-rise apartment.

The good news is, if you're interested in doing your part to redirect your compostable waste, I've done the research so you don't have to! I've compiled a few tips that can help you get started with your composting journey, wherever you are.

City Dwellers (Especially for Our Friends in Ann Arbor)
For those of you that are in a home in Ann Arbor, the good news is the city has made composting about as easy as it can be. The city of Ann Arbor's website has detailed everything you need to know about curbside composting including:

- What you can and cannot include in your curbside composting bin
- The composting pickup schedule
- Where and how to obtain a composting bin if you don't have one currently
- Helpful tips and tricks for composting.

Visit a2gov.org/departments/trash-recycling/Pages/Compost.aspx for more composting tips from the city of Ann Arbor.

If you're in a home and you're not local to the area, you may want to look up your city's composting program. If they don't have one and a backyard pile isn't an option for you, you may want to look at some of the tips and tricks I've left down below for our friends in apartments or dorm room set-ups.

Country Friends
If you're out in the country, you have the advantage of composting the way my family did when I was young. As with anything, it's a good idea to double check for any local laws in your area around open air composting. Starting a compost pile in the backyard can be a little tough at first, but there are lots of great resources available online. Here are a few starter tips for creating your own backyard compost pile.

- Use a mix of green and brown material. Green are things like food scraps and green yard waste materials such as lawn clippings and weeds. Brown could be anything from torn up toilet paper rolls to brown yard waste like twigs and small branches. The University of Illinois recommends a small compost pile of 3 feet cubed by 5 feet cubed in order to allow the pile to properly generate the heat and moisture needed to break down organic material without cutting off the all-important ingredient of oxygen.

- Turn your pile (using a rake or other gardening tool to pull the warm center of the compost pile toward the outside) every few weeks. According to the University of Illinois, the more frequently you turn the pile, the faster material will break down. However, think in terms of weeks, not days, you don't want to over-turn your pile.

Starting an outdoor compost pile can take a little more research than other methods, but hopefully with these tips and tricks you'll be well on your way.

Small Spaces

If you're in a small space, whether that's an apartment or a dorm room, then you're right where I was when I wanted to ramp up my sustainability efforts in a big way. However, composting when you don't have a curbside option or a backyard compost pile to fall back on can be tough. So, here are a few options that may help if you're in a small space.

•Freeze your compost—This is a tip I picked up from Lauren Singer, founder of the Package Free Shop, who keeps her compost in a stainless-steel bowl in her freezer every week and then takes it to her local farmer's market to have it composted. I would recommend a reusable airtight container, but this can be one option if you have, say, a friend or family member with a compost pile you could take your scraps to. I used to utilize this method and take my scraps to a local community garden with a compost pile. It may take a little digging to find somewhere with a compost pile you can take your scraps.

•Try a worm or vermicompost bin—This really depends on if you have a good place to put it, but you can get these more compact self-contained bins lots of places. These use live worms to help with an indoor decomposition process. This has the added benefit of producing a liquid called "worm tea" which you definitely won't want to drink, but your house plants just might!

Like our lifestyles, composting comes with a million different variables and it helps to do a little research on your unique situation before taking up the composting mantle. If you don't personally have a use for your compost soil once your materials have had time to decompose, see if there are local farmers or gardening associations that may want the compost soil your pile is producing.

Composting can be a great way to get rid of a lot of organic materials waste in your home that you may have not realized can be broken down naturally. Depending on how you compost, there are certain things you may want to omit from your compost pile or that your city may not accept in curbside bins. Most toilet paper and paper towel rolls work great if they've been shredded, beard and nail clippings (or the hair when you clean out your hairbrush), many household items made from 100% cotton such as cotton balls, pencil shavings, and even the crumbs from your counters and floors can all go in your compost pile. A quick internet search can usually clear up if something is compostable or not, but a good rule of thumb is that if it is a 100% natural, organic product, it will break down in the compost.

Regardless of how you do it, composting is a worthy endeavor to help create a more sustainable lifecycle for the organic material waste we all produce daily. I hope these tips have been helpful as you look into your own composting journey.

Alaina Lightfoot is a freelance writer with a passion for making sustainable living simple and accessible. Her work has previously appeared in The Crazy Wisdom Journal's *Winter 2020 issue. Alaina also recently published her first book,* Namely Art and Love*. She is local to Toledo, Ohio, but loves taking frequent trips with her husband and their dog to Ann Arbor to explore.*

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Brian O'Donnell.

Brian O'Donnell

Brian O'Donnell is a local psychotherapist and an international teacher in the Pathwork, a contemporary spiritual discipline that involves a highly articulated understanding of personal and collective evolution as well as practical methods for living these ideas day to day. He was on our first photographic cover in 1997.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19? How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

I'm a contemplative by nature so the solitude of the stay at home order is quite natural for me, and at times is a wonderful excuse to avoid social interaction. It has been hard for me to cease my traveling and also to let go of my playing sports. I've taken up running again after 25 years and it is a great way to rediscover Ann Arbor.

How do you see your work life changing as a result of this period in your life?

All my work suddenly shifted to an online format. This has been fine for my psychotherapy practice, yet my teaching work, I believe, suffers from the remoteness and the inability to dynamically "dance" with the online classes.

Have you indulged in any guilty pleasures while in quarantine? If yes, what?

My guilty pleasures are going for long walks and getting lost, chocolate, and Netflix at the end of the day.

What inspired you to become a therapist?

I was inspired to become a therapist primarily through my first therapist and psychology professor at the University of Michigan, Gary Bron. His presence was life altering. He was a wonderful blend of penetrating insight and utter humanity. I felt immediately called to serve others in this same way.

What will have changed in your life permanently due to covid-19?

Nothing and everything!

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

I see this pandemic as a profound opportunity to dismantle personal and collective structures that aren't in alignment with the well-being of the Whole. Painful and unsettling for sure, yet a call to greater evolutionary possibilities. The more we resist, the more the pain, and the more we yield and learn, the more the expansion and freedom.

When you were a child, what did you dream of becoming as an adult? Did your childhood dreams manifest in your adult life? How?

When I was a child, I longed to be a priest. In many ways I managed to realize this yearning in my own way. I'm privileged to teach about how to awaken to True Nature. I hear "confessions" all day, I assist clients to die to what no longer serves them, and to wed what has been waiting for unification.

—Brian O'Donnell

Read more Pandemic Q & A's on our website.

What I have Learned About Love Since Losing My Partner

By Larissa Czuchnowsky

May we hold our beloved as one would a wild bird in hand. Our beloved is not ours and never has been, no matter the commitment given. Like a wild bird, they may fly away at any unknown hour. So keep this in mind and look at your beloved with fresh eyes—free of mind's preconceptions and illusions of knowing who it is in front of you. They are mystery and Grace and a precious gift to be completely heart opened to—lest a minute be wasted. So shake off taking your love for granted and understand that you may only have hours, months ,or mere years together. Open the doors of gratitude, passion, and presence and hold your love as a wild bird.

Tarot: Becoming a Good Reader

NEW COURSE! Tarot: Becoming a Good Reader

Learn to read Tarot cards for yourself and others with Sue Burton Hidalgo's newest course: Tarot: Becoming a Good Reader. She'll teach you how to accurately and easily read Tarot to discover what the future holds. After completing the course, you'll be able to confidently read Tarot cards for yourself and for your clients.

This is a virtual course, meeting via Zoom every Sunday afternoon from 2pm to 4pm. (You'll receive an email link to the Zoom meeting before each class, once you sign up.)

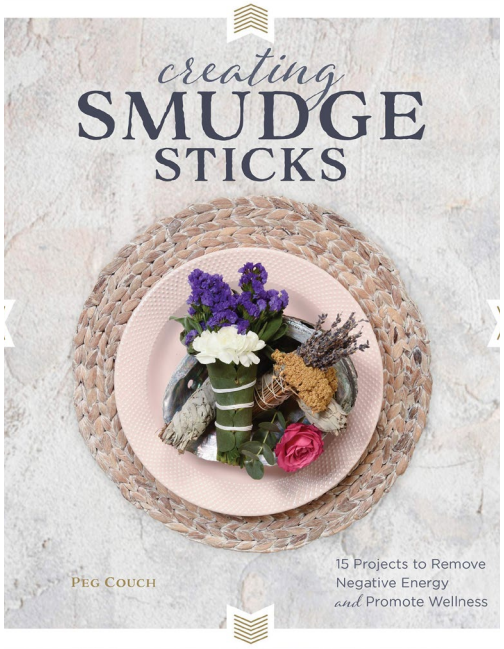
The dates are: October 25 / November 1, 8, 15, 22 / December 6.

The cost for this 6-week course, 2 hours/class, is $180.

Please purchase a Rider-Waite Tarot deck for this course, so that everyone is using the same type of cards.

Learn more and sign up for the course at suehidalgo.com.

Crazy Wisdom Book Pick of the Week



Creating Smudge Sticks
by Peg Couch

Smudging is an ancient ritual most commonly used for purification and the removal of negative energy but can also enhance mindfulness, joy, serenity, and even creativity, Learn to raise your vibrations by creating smudge sticks with 15 projects, starting from the most basic sage stick and progressing to elaborate floral bundles.

Each project is made using fresh flowers, plants, and herbs that are then stored in a cool location to dry before using. From the calm-inducing Stress Relief Smudge with lavender and sage, to the Anti-Anxiety Smudge with bay leaf and rosemary, discover recipes to suit your every need. An inspirational quote and suggested intention are included with each project. Now you can benefit from this powerful tradition, no matter what your background. All you need is an open heart and an open mind.

Purchase your copy of *Creating Smudge Sticks* at shopcrazywisdom.com.

The Crazy Wisdom weekly Calendar

Animal Communication

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Channeling

Evenings with Aaron • October 21 • 7 p.m. An open session with Aaron and Barbara Brodsky. Aaron gives a talk, followed by Q&A. Barbara Brodsky is a channel for Aaron. Online via Zoom.

Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound and Open Heart. For more information email om@deepspring.org or visit deepspring.org/evenings-with-aaron-fall2020.

Remembering Wholeness - Darshan with The Mother • October 25 • 2 p.m Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness – as The Mother looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Each person receiving a personal message from The Mother. Online via Zoom. For more information email om@deepspring.org or visit deepspring.org/evenings-with-aaron-fall2020.

Kabbalah

Kabbalah for Couples • October 18 • 3 p.m. This is not couples therapy. This is for basically good relationships that both parties are willing to work on, to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (rather than one hour), one time per month, for about a year, can help you get your relationship to the place that you always wanted it to be but did not know how. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • October 18 • 1 p.m. Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • October 16 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels • October 18 or 25 • 6 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • October 18 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Online Workshops, cont.

Creating Personalized Bath Collection • October 25 • 2p.m.• Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Shamanism

Medicine For The Earth • October 23 • 9 a.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: Medicine for the Earth: How to Transform Personal and Environmental Toxins by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. This is a 3-day class from October 23-25, Friday 7-9pm, Saturday 9am-9pm, Sunday 9am-12pm. Fee is $180/$120 if paid by October 10, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • November 7 • 9 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way.This class is a prerequisite to ongoing and more advanced shamanic studies. This is a two-day class online from 9am-3pm each day, November 7-8, 2020. Fee is $150/$120 if paid by October 24, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Writing and Poetry

Crazy Wisdom Poetry Series • October 28 • 7 p.m. • Poetry Reading. Featured readers: Donovan Hohn and Natalie Bakopoulos. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

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